

## AMENDMENTS TO THE CLAIMS

1. (Currently amended) A method of normalizing the sleep/wake cycle of a mammal, said method comprising orally administering a therapeutically-effective amount of a compound comprising cytidine, cytidine monophosphate (CMP), cytidine diphosphate (CDP), cytidine triphosphate (CTP), deoxycytidine monophosphate (dCMP), deoxycytidine diphosphate (dCDP), deoxycytidine triphosphate (dCTP), cytidine diphosphate-choline (CDP-choline), cytosine, uridine, uridine monophosphate (UMP), uridine diphosphate (UDP), uridine triphosphate (UTP), or triacetyl uridine, wherein said mammal is not suffering from insomnia.

2. (Previously presented) The method of claim 1, wherein said administration reduces fatigue or tiredness, increases wakefulness, or improves the sleep quality of said mammal.

3. (Previously presented) The method of claim 1, wherein said compound is cytidine.

4. (Cancelled)

5. (Previously presented) The method of claim 1, wherein said compound is CDP-choline.

6. (Cancelled)

7. (Previously presented) The method of claim 1, wherein said compound is CDP.

8. (Previously presented) The method of claim 1, wherein said administration is chronic.

9. (Original) The method of claim 1, wherein said mammal is a human.
10. (Original) The method of claim 9, wherein said human is a child or adolescent.
11. (Original) The method of claim 9, wherein said human is an older adult.
12. (Currently amended) A method of treating a sleep disorder, said method comprising administering to a mammal a therapeutically-effective amount of a compound comprising cytidine, cytidine monophosphate (CMP), cytidine diphosphate (CDP), cytidine triphosphate (CTP), deoxycytidine monophosphate (dCMP), deoxycytidine diphosphate (dCDP), deoxycytidine triphosphate (dCTP), cytidine diphosphate-choline (CDP-choline), cytosine, uridine, uridine monophosphate (UMP), uridine diphosphate (UDP), uridine triphosphate (UTP), or triacetyl uridine, wherein said mammal's health is not compromised because of an existing physical condition and wherein said mammal is not suffering from insomnia.
13. (Original) The method of claim 12, wherein said sleep disorder is caused by a substance abuse disorder.
14. (Previously presented) The method of claim 13, wherein said substance abuse disorder is alcohol, caffeine, or cocaine dependence.
15. (Previously presented) The method of claim 12, wherein said sleep disorder is constructive or obstructive sleep apnea, restless leg syndrome, periodic limb movements, or narcolepsy.

16. (Previously presented) The method of claim 12, wherein said compound is CDP-choline.

17. (Currently amended) A method of increasing cognitive function in a sleep-deprived mammal, said method comprising administering a therapeutically-effective amount of a compound comprising cytidine, cytidine monophosphate (CMP), cytidine diphosphate (CDP), cytidine triphosphate (CTP), deoxycytidine monophosphate (dCMP), deoxycytidine diphosphate (dCDP), deoxycytidine triphosphate (dCTP), cytidine diphosphate-choline (CDP-choline), cytosine, uridine, uridine monophosphate (UMP), uridine diphosphate (UDP), uridine triphosphate (UTP), triacetyl uridine, creatine, adenosine, adenosine monophosphate (AMP), adenosine diphosphate (ADP), adenosine triphosphate (ATP), S-adenosylmethionine, propentofylline, or EHNA to a mammal suffering from sleep deprivation, wherein said mammal is not suffering from insomnia.

18. (Previously presented) The method of claim 17, wherein said compound is CDP-choline.

19. (Previously presented) The method of claim 12, wherein said sleep disorder is not caused by a substance abuse disorder.

20. (Previously presented) The method of claim 12, wherein said sleep disorder is problem sleepiness.

21. (Cancelled)

22. (Currently amended) A method of treating a sleep disorder, said method comprising administering to a mammal a therapeutically-effective amount of a compound comprising cytidine, cytidine monophosphate (CMP), cytidine diphosphate (CDP), cytidine triphosphate (CTP), deoxycytidine monophosphate (dCMP), deoxycytidine diphosphate (dCDP), deoxycytidine triphosphate (dCTP), cytidine diphosphate-choline (CDP-choline), cytosine, uridine, uridine monophosphate (UMP), uridine diphosphate (UDP), uridine triphosphate (UTP), triacetyl uridine, creatine, adenosine, adenosine monophosphate (AMP), adenosine diphosphate (ADP), adenosine triphosphate (ATP), S-adenosylmethionine, dipyridamole, propentofylline, or EHNA, wherein said sleep disorder is not insomnia or sleep apnea.

23. (Previously presented) The method of claim 22, wherein said sleep disorder is caused by a substance abuse disorder.

24. (Previously presented) The method of claim 23, wherein said substance abuse disorder is alcohol, caffeine, or cocaine dependence.

25. (Previously presented) The method of claim 22, wherein said sleep disorder is restless leg syndrome, periodic limb movements, or narcolepsy.

26. (Previously presented) The method of claim 22, wherein said compound is CDP-choline.

27. – 30. (Cancelled)